

~ An optimist stays up  
until midnight to see  
the new year in. A  
pessimist stays up to  
make sure the old year  
leaves. ~  
Bill Vaughn



## A message from Tracie:


I understand that this year has been very challenging for all of us, but I look to 2010 with great optimism and excitement.

Thank you for your support in 2009 and your continued support in 2010.

Some positive changes will be happening at our stores in 2010 enhancing your shopping experience.


Thank you again for your business and I hope you have a safe and prosperous year!

Your Friend in Good Health,  
Tracie



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## Holiday Gift Guide

**We have many gift items in  
stock for the holidays.**

**Here are a few ideas:**

### ~Gift Certificates

*Massage, Reflexology, Ion Foot Cleanse, Ear Candling or for any  
dollar amount to use towards a purchase at either store.*

### ~Pendant Jewelry

### ~Incense and Decorative Holders

### ~Essential Oil Burners

### ~Books

### ~Teas

### ~Soaps

### ~Yoga Sandals & Mats

**And So Much More!**

*Visit one of our stores today!*

